

# Overview

Pods are running container instances. You can pull an instance from a container registry such as Docker Hub, GitHub Container Registry, Amazon Elastic Container Registry, or another compatible registry.

## NOTE

When building an image for RunPod, use the flag `--platform linux/amd64,linux/arm64` to ensure your image is compatible with the platform.

You can jump straight to a running Pod by starting from a template. For more customization, you can configure the following:

- GPU Type and Quantity
- System Disk Size
- Start Command
- Environment Variables
- Expose HTTP/TCP ports
- Persistent Storage Options

To get started, see how to [Choose a Pod](#) then see the instructions on [Manage Pods](#).

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